

BICEPS CURL MACHINE

Abstract of the Disclosure

An exercise machine includes: a frame resting on an underlying surface; a seat mounted to the frame and configured to receive a seated user; a pair of support pads mounted to the frame forwardly of and above the seat, each of the support pads positioned to engage one of the upper arms and the elbows of the seated user; a pair of movement arm units pivotally interconnected with the frame and movable about respective generally horizontal axes of rotation; and a resistance system connected with the movement arm units. Each of the pair of movement arm units is configured to engage the forearms and/or the hands of the user and is movable between an extended position, in which the seated user's arms are substantially straight, and a curled position, in which the user's arms are bent. The axes of rotation form an angle of between about 115 and 155 degrees.